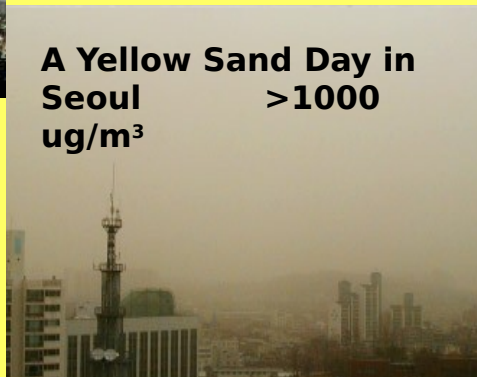
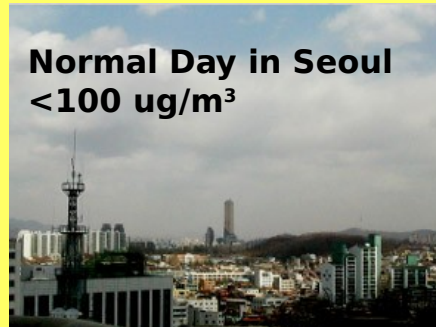


# Yellow Sand/Asian Dust – ☐☐ (HwangSa)

**What is it?** Inhalable particles that originate from dry, desert regions of China and Mongolia.

**What does it do?** In sufficient concentration, fine particles can obscure visibility, irritate soft tissues in the eyes, nose, mouth, and throat, and cause or exacerbate respiratory and cardiovascular problems.

**When does it happen?** Yellow Sand events usually occur during the Spring (March, April and May). Since 1999, Yellow Sand events have also occurred during winter months.



**What can I do?**

**As of 16 February 2007**

During the Yellow Sand/dust storm:

- Avoid outdoor activities, especially the elderly, young children, and persons with lung diseases (such as asthma), heart disease or diabetes; see other side of card for activity restriction recommendations
- Keep windows and doors closed
- Remove contact lenses and wear glasses
- Brush your teeth and wash your hands, face and eyes with warm water upon returning indoors
- Drink plenty of water to keep your tears flowing well
- Use air filters to keep air clear, and humidifier to increase indoor humidity level
- Wash fruits and vegetables exposed to Yellow Sand before consumption
- Wash hands carefully before handling food
- Don't burn candles and don't smoke indoors

After the Yellow Sand/dust storm has cleared:

- Air out room/house
- Wash objects exposed to dust before using them – do this carefully to keep from stirring up the dust

Check the current Yellow Sand concentration at your location at <http://www.usfk.mil/USFK/index.html>, click on Yellow Sand, or <http://www.seoul.amedd.army.mil/sites/yellowsand/default.asp>. For more information, contact the Defense Attaché Office, Seoul, Korea, at 1-877-447-2211 or 1-800-343-7222.

# Yellow Sand Activity Restriction

Dust Concentration Microgram(ug)/m3	Level of Health Concern	Health Alert Color Code	Personnel at High Risk*	All Others
0-50	Good	Green		
>50-150	Moderate	Amber	Consider reducing prolonged and heavy exertion <sup>†</sup>	
>150-300	Unhealthy for Personnel at High Risk*	Orange	Reduce prolonged and heavy exertion <sup>†</sup> ; do not exercise or play outdoors	
>300-500	Unhealthy	Red "WATCH"	Limit outdoor physical activity to bare essentials	Reduce prolonged and heavy exertion <sup>†</sup> ; do not conduct physical training outdoors
>500-1,000	Very Unhealthy	Purple "ADVISORY"	Avoid all physical activity outdoors	Cancel prolonged and heavy exertion outdoor activities <sup>†</sup> ; limit other outdoor activities to bare essentials
>1,000	Hazardous	Brown "WARNING"	Remain indoors and keep activity levels low	

**FOR THE LATEST YELLOW SAND LEVELS, go to <http://www.usfk.mil/USFK/index.html>, click on Yellow Sand, OR <http://www.seoul.amedd.army.mil/sites/yellowsand/default.asp>**

## \*Personnel at High Risk:

- Children-5<sup>th</sup> grade & younger
- Elderly-65 and older
- Persons with heart disease
- Persons with lung disease such as asthma
- Persons with diabetes

## <sup>†</sup>Heavy exertion

- Field training exercises
- Road Marching (any distance)
- Mowing lawns
- Outdoor recess or organized sports activities
- Outdoor Running (P.T. or recreational)

## Commanders, Supervisors, and School Leaders should:

- Identify individuals at high risk and implement appropriate protective measures
- Commanders should include Yellow Sand conditions in training risk assessments